



Australian Government
Department of Veterans' Affairs

National Carer Support Services

Carer Awareness Training Self-paced learning

2 - Workbook

for

Department of Veterans' Affairs (DVA) contracted providers

Time required - up to 3 hour

Developed by Carers Victoria

September 2013

Questions and Activities:

The following questions and activities have been developed to assist you in obtaining new knowledge and in enhancing your existing knowledge about carers and the carer legislation.

Please respond to questions honestly as this will assist you in recognising your strengths and help you to identify any areas in that require further development.

Question 1: Gauge existing knowledge

- a) Have you undertaken any previous training on the carer legislation?

Yes

No

- b) How would you describe the level of understanding about carers, their needs, and the issues affecting them within your workplace?

Very good

Adequate

Not very good

- c) Have you done any previous formal training about carers and caring issues?

Yes

No

On the job learning/training

Use the space below to capture any other thoughts you have on these questions:

Question 2: Who is a carer?

How would you define 'carer'? (Write your answer in the space provided)

Question 3: Who is not a carer?

Explain why an individual would not be considered a carer under the legislation in each of the following situations.

a) An individual is not a carer merely because he or she:

Is the spouse, de facto partner, parent, child or other relative of an individual, or is the guardian of an individual

b) An individual is not a carer merely because he or she:

Lives with an individual who requires care

c) Imagine for a moment that your partner has gastro and you took care of them over the weekend – are you their carer?

Yes No

d) Imagine that your child has tonsillitis and you look after them during this illness – are you their carer?

Yes No

Question 4: Carers and the veteran context

Have you come across additional issues with your veteran clients and carers that you haven't encountered with clients and carers in the general?

Activity 1: Impact of caring – worksheet

Think about the role of carers and the additional tasks, demands and responsibilities they might undertake, and the relationship they might have with the person who needs the care, and then complete the following worksheet by identifying:

- What is difficult about caring?
- What is positive about caring?

Complete the two columns below in response to these questions.

What is difficult about caring?	What is positive about caring?

Question 5: Carer loss and grief

a) What losses might carers experience?

b) How might carers express their grief?

Question 6: Barriers to service uptake

Barriers can often be viewed as two types - practical and emotional. What barriers might exist to using these services?

a) Practical:

b) Emotional:

Question 7: Using the relationships diagram

How do you think that an understanding of the relationships triangle between carer, client (care recipient) and service provider might enable you to comply with the Act and work more effectively with carers?

Question 8: The 10 Principles – Statement for Australia’s Carers

a) When you read through the 10 Principles in the Carer Recognition Act (2010) which of the Principles held the most meaning for you?

b) Why did you choose this particular Principle(s), what made it more meaningful?

Activity 2: 6 Priority Areas

This activity provides an opportunity to think about what you and your organisation are already doing and what you think could be done better to comply with the 6 Priority Areas.

You might have ideas about things that you or your organisation are not currently doing but that you think it could. Put those ideas in the 'wish list' section below.

You can choose one of the Priority Areas to focus on or you might prefer to address them all more generally. The choice is your but please specify.

Indicate the following:

I am focusing on Priority Area no ...

Or

I am addressing all of the Priority Areas in general

What are you and your organisation currently doing?

How could you or your organisation improve what you are currently doing?

What is on your 'wish list' – what would you like to be able to do or would like your organization to do for carers that it doesn't currently do?

Activity 3: Testing your knowledge quiz

According to the *Carer Recognition Act 2010* and the Guidelines answer following questions by circling either **True** or **False**:

No	Question	True	False	Correct
1	A carer could be a husband looking after his wife who has gastro.	True	False	
2	A carer is a paid worker who goes into the home to provide personal care.	True	False	
3	A carer could experience grief when planning to put the person for whom they care into residential respite.	True	False	
4	Carers are usually good at addressing their own needs.	True	False	
5	Carers usually take on the caring role because of the relationship they have with the person who requires the care.	True	False	
6	The <i>Carer Recognition Act 2010</i> is based on 25 principles to do with recognition and respect for carers.	True	False	
7	Only management need comply with the <i>Carer Recognition Act 2010</i> .	True	False	
8	Under the legislation, PSA stands for Partially Sourced Additions.	True	False	
9	Paid support workers should not pass on relevant information to the carer.	True	False	

No	Question	True	False	Correct
10	'Carer Friendly Practice' requires an extra allocation of time and resources for support workers.	True	False	
	Total Correct			